

March

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 <i>Example: Jim and Sara helped Dad fix the back door.</i>	17	18	19	20	21	22
Palm Sunday	St. Patrick's Day			First day of Spring	Good Friday	
23	24	25	26	27	28	29
Easter Sunday						
30	31					

Did you know it's...

- National Nutrition Month
- National School Breakfast Week - March 3-7

Achievement Ideas

1. **Veggie of the month — Squash.** Try squash for the first time or try cooking it in a new way.
2. Add jumping jacks to your sit-ups and crunches at least three times a week during TV commercials.
3. Get active around the house and tackle some projects on your home repair list.
4. **What's your idea?** _____

Total number of achievements this month: _____



Meal Tips

Breakfast

Make a smoothie with fresh or frozen fruit, low-fat yogurt, and fruit juice.

Lunch

Turn a salad into a main dish by adding chicken or fish.

Dinner

Grilled vegetable kebabs are a healthy complement to any meal.

Simple Snack

Fruit Dip — dip a piece of fruit in yogurt, and then dip it in granola. Use different flavor combinations.



Activities

- Weight training
- Jogging
- Home repair
- Mall walking
- Juggling
- Walking

Fun Fact

Your muscles account for 30% to 50% of your body weight. To move those muscles your body needs the carbohydrates found in bread, cereal, rice, spaghetti, potatoes, peas, corn, fruit, milk, and yogurt.

www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.fruitsandveggiesmatter.gov (recipes)
www.3aday.org

